Nutrition Facts

Serving Size 56 pieces (114g)
Servings Per Container 3

Amount Per Serving	
Calories 270	Calories from Fat 40
	%Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 560mg	23%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 13g	
Vitamin A 4%	• Vitamin C 4%
Calcium 4%	• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

SAFE HANDLING INSTRUCTIONS
KEEP FROZEN FOR EXTENDED STORAGE.
DEFROSTING IS NOT NECESSARY BEFORE HEATING.

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

Keep refrigerated of frozen. Thaw in refrigerator or microwave.
Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.
Cook thoroughly.
Keep hot foods hot. Refrigerate leftovers immediately or discard.

INGREDIENTS: FILLING: Halal Uncooked Beef, Onion, Parmesan Cheese (pasteurized cow's milk, cheese culture, salt, enzyme) Fresh Parsley, Salt, Paprika, Black Pepper.
DOUGH: Flour (wheat flour, malted barley flour, benzoyl peroxide, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Egg, Salt.
NO PRESERVATIVES ADDED.

COOKING INSTRUCTIONS: Boil water. Add desired amount of minced garlic to plain Greek yogurt and season with salt. Melt butter and infuse with paprika. Boil Manti for 3-5 minutes or internal temperature has reached above 165°F, drain, smother in yogurt sauce, drizzle with paprika butter and top with dried mint leaves.

SELL BY:

Prepared by: **BAHAR, LLC**
152 GETTY AVE.
CLIFTON, NJ 07011

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MANTI
KEEP FROZEN
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Gourmet Mediterranean Brand Beef Dumplings
HALAL
ZABIHA
U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST. 9120M
*NO PRESERVATIVES ADDED
KEEP FROZEN
Made in U.S.A.
NET WT. 1 LB (16 OZ)
ZERO GRAMS TRANS FAT
09
(Per Serving)
06/06/19
EXP DATE
LOT#